

QUIT NEWS

Newsletter for the Lancashire Tobacco & Nicotine Addiction Treatment Service

WHY QUIT?

Tobacco smoking is the single largest preventable cause of ill health and premature death, killing over 79,000 people each year in England and 1,673 adults aged 35 years and over in Lancashire alone; this is greater than the total number of deaths from alcohol, obesity, illegal drugs, murder, suicide, road traffic accidents and HIV infection combined.

Smoking rates remain higher in Lancashire than England as a whole in adults, pregnant women and young people. Smoking also disproportionately affects those disadvantaged by poverty and is a major contributor to health inequalities, accounting for half of the difference in life expectancy between social classes.

In Lancashire County, around a third of our routine and manual workers currently smoke (30.4%) and therefore tobacco has a greater impact on disadvantaged families in this area.

However, over two-thirds of smokers want to quit and welcome support to do so.



NEW YEAR, NEW YOU – QUIT SMOKING IN 2019!

Starting the New Year is an exciting time. It's a fresh start and a time for new hopes, goals and aspirations. Look at this time as an opportunity to improve your health and wellbeing by making a New Year's Resolution to stop smoking this year.

You are four times more likely to stick to your New Year's Resolution to stop smoking if you access the help and support our service can offer. Our advisors will work with

you over a 12 week period: providing you with all the treatment, products and advice you need to help you stop smoking. They will work with you to devise a personalised plan of support, tailored to your lifestyle and specific needs. Using the Stop Smoking service, you will be able to determine which stop smoking tools and aids work best for you and the support that is offered by our service is more likely to keep you on track with your aims.

Set a goal that will make you happier and wealthier in the year ahead.

Make 2019 the year you stop smoking and let us help you. Ring us on Freephone 0800 328 6297 to book into one of our informal clinics at a location that's convenient for you.

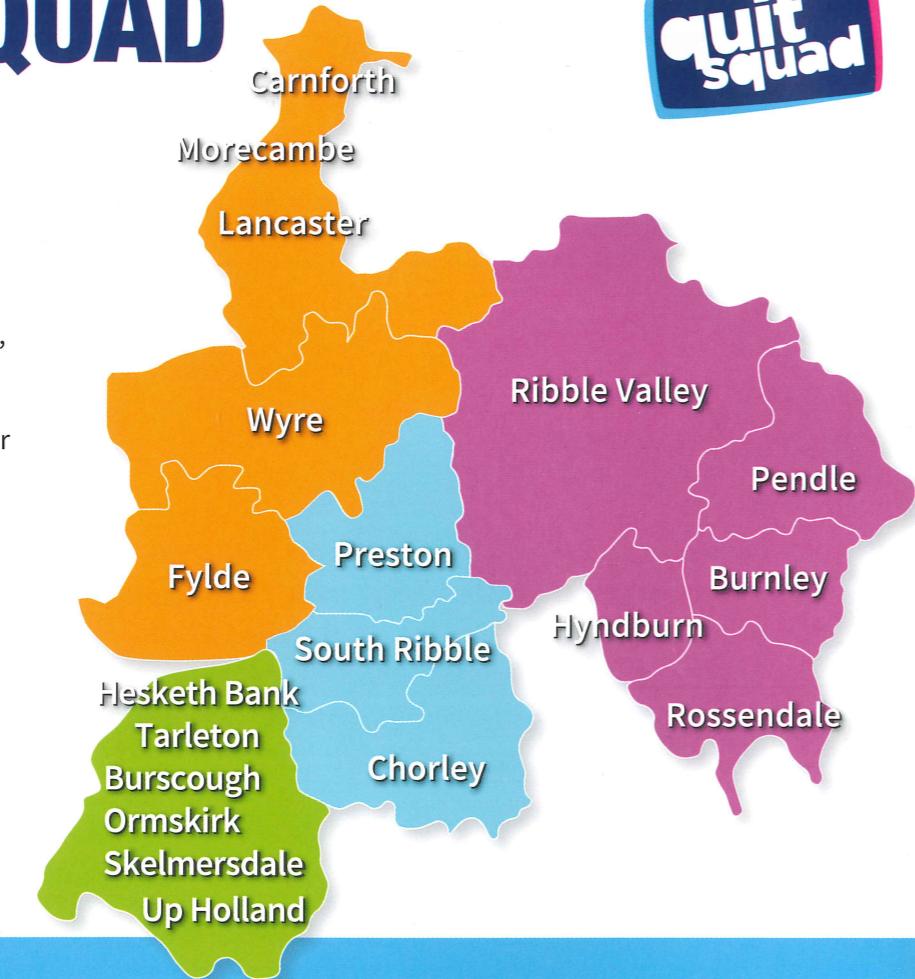
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THE QUIT SQUAD SERVICE

There are four locality teams throughout the Lancashire County Council region. The teams comprise of specialist advisors, smokefree homes staff, promotional and project workers, team leaders and managers. They can help you quit smoking and have a wealth of information and advice to support you on your journey to becoming a non-smoker.

Call us free from any landline or mobile on 0800 328 6297 to make an appointment to see one of our friendly Advisors at the most convenient location for you.



HELP AND SUPPORT

We provide a variety of appointments to suit your needs delivered by Specialist Advisors. These include:

- Community drop in clinics (no appointment needed)
- One to one appointments
- Group sessions
- Workplaces
- Inpatient support, we also work with GPs / Pharmacies
- Support in pregnancy (see separate leaflet)
- Support for those who vape (see separate leaflet)
- Carbon monoxide and lung function testing
- Translation services available

CALL FREE FROM ANY LANDLINE OR MOBILE ON 0800 328 6297

To access your local Quit Squad:

- Option 1** for Preston, Chorley and South Ribble
- Option 2** for Skelmersdale, Ormskirk, Burscough, Up Holland, Tarleton and Hesketh Bank
- Option 3** for Burnley, Pendle, Rossendale, Hyndburn and Ribble Valley
- Option 4** for Lancaster, Morecambe, Fylde and Wyre

Pick up one of our leaflets for more information about how the Quid Squad could help you...



THE FACTS

Smoking continues to be the major preventable cause of premature death and major disease, responsible for 80,000 deaths and costing the NHS an estimated £2.7 billion each year (taken from Public Health England Marketing Strategy 2014 to 2017).

THE BENEFITS OF STOPPING SMOKING

- After 20 minutes - Pulse rate returns to normal.
- After 8 hours - Nicotine and carbon monoxide levels in blood reduce by more than half and oxygen levels return to normal.
- After 48 hours - Carbon monoxide will be removed from the body. Lungs start to clear out mucus and other smoking debris. There is no nicotine in the body. Ability to taste and smell is improved.
- After 72 hours - Breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.
- After 2 to 12 weeks - Your circulation improves.
- After 3 to 9 months - coughs, wheezing and breathing problems improve as lung function increases by up to 10%.
- After 1 year - risk of heart disease is about half compared with a person who is still smoking.
- After 10 years - risk of lung cancer falls to half that of a smoker.
- After 15 years - risk of heart attack falls to the same as someone who has never smoked.

Source: www.nhs.uk

COMMON MYTHS ABOUT QUITTING

Myth: Stop smoking treatments don't really work!

FACT Research suggests that nicotine replacement therapies and the prescription of stop smoking tablets (Champix and Zyban) can double and sometimes even triple your chances of successfully quitting.

Myth: Nicotine replacement therapy is expensive!

FACT You can get NRT either free, or on prescription, cheaper than buying your patches or gum from the pharmacy and is a lot cheaper than continuing to smoke.

Myth: Stop smoking treatments will cure me!

FACT NRT and prescriptions medicines are not a miracle cure. They reduce cravings and withdrawal symptoms but they don't make them go away completely.

Myth: It's dangerous to use more than one nicotine replacement product at a time!

FACT No, it isn't. In fact, using more than one product at a time - known as combination therapy - can be a good thing as it often increases your chances of success.

CASE STUDY ONE Quit Stories - Gillian

Gillian Tucker is from Preston and began smoking at a young age when she was 16. Now aged 47, she had been smoking for over 30 years. She has enjoyed all the benefits of quitting smoking: from looking and feeling healthier and saving enough money to enjoy a well-deserved holiday abroad!

She said: "I began smoking at the age of 16 and was continuously smoking till I stopped around 8 weeks ago. I've not been smoking for 8 weeks and it feels brilliant. I had the number for a lady from the Quit Squad and the process was fairly easy. It's like I've got a new lease of life and I've had lots of compliments from people who've said how much younger I now look since I quit. Now my food tastes better, my clothes feel fresher and I feel healthier! I'm also now booking a holiday to Spain next year."

Myth: I can't use stop smoking treatments if I'm pregnant!

FACT If you're pregnant, it's a great time to quit as smoking is much more dangerous to you and your baby. NRT products such as patches, gum, lozenges, microtabs, the inhalator and nasal sprays can be helpful if you're finding it hard to quit.



PATHWAYS TO QUITTING SMOKING AND STAYING QUIT!

Currently, around half of all smokers in England try to quit unaided using willpower alone, despite this being the least effective method. Getting support can greatly increase a person's chances of quitting successfully.

Combining stop smoking aids with expert support from local stop smoking services makes someone **up to four times as likely to stop smoking successfully**.

EXPERT FACE-TO-FACE SUPPORT

There is clear evidence that the most effective way to quit smoking is with expert behavioural support from local stop smoking services combined with stop smoking aids.

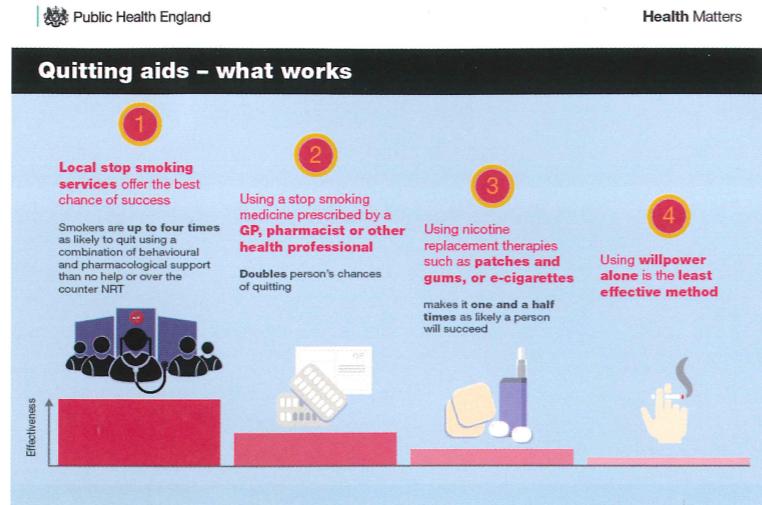
These include the prescription tablets Varenicline (Champix), Bupropion (Zyban) and nicotine replacement therapies. Smokers who get this package of support are up to four times more likely to quit successfully as those who try to quit unaided or with over the counter nicotine replacement therapy.

CARBON MONOXIDE MONITORING

The smoke you inhale contains carbon monoxide which reduces the amount of oxygen that red blood cells carry. At your appointment, a Quit Squad advisor will take a carbon monoxide reading and within 24 hours of stop smoking, carbon monoxide will be out of your system, more oxygen will be circulating around your body and your carbon monoxide levels will be that of a non-smoker.

Children may be more sensitive to the harmful effects of carbon monoxide than adults. If you are pregnant, carbon monoxide is transported across the placenta and can reduce the oxygen supply to the baby. Exposure to carbon monoxide during pregnancy may cause harm to the unborn child. (PHE 2016).

IT'S NEVER TOO LATE TO QUIT...



Above: Pathway to quitting.

CASE STUDY TWO Quit Stories - David

David is a former sailor who began smoking in his 30s and had been doing so for around 40 years. He recently gave up with help from the Quit Squad. He said about the service: "I advise people who smoke to simply give up smoking. The Quit Squad advisors are very helpful and I definitely recommend getting help from them. I dealt with Irene who has been very supportive and non-judgemental. She's not dictatorial and domineering and that's been very handy in this journey. Everything has been very positive."

STOPTOBER 2018

Stoptober runs every year nationally and challenges smokers to give up smoking for 28 days during the month of October. We had loads of events running this year, at fresher's fairs, health centres and shopping centres across Lancashire!



WORKPLACE SUPPORT

Would you like our team of friendly, specialist trained advisors to some run stop smoking sessions or be interested in hosting a one-off promotional event in your workplace? We can provide an in-house service to help support the health and wellbeing of your staff. If you are interested in working with us, please contact us on 0800 328 6297.

Two of our Quit Squad Stop Smoking Advisors, Lisa and Michelle, have been working at Rolls Royce in Barnoldswick supporting staff from all areas of the workforce, including contractors and sub-contractors.



'IT'S FREE • IT'S LOCAL • IT'S FRIENDLY'

SMOKEFREE HOMES



Tobacco smoke contains over 4,000 chemicals, 69 of which are carcinogenic. Tobacco smoke not only damages a smoker's health but also the health of the people around them. Breathing other people's smoke is called passive or second-hand smoking (SHS).

Long term exposure to SHS increases a non-smoker's risk of developing heart disease and lung cancer by a quarter and stroke by three-quarters. Children are especially at risk from the effects of SHS because they have smaller vessels and their organs are still developing. Therefore they breathe faster and breathe in more toxic chemicals than adults.

Nationally, over a third (37%) of all children live in a house with at least one person who smokes. Children exposed to SHS are at increased risk of bronchitis, asthma symptoms, middle ear infections (glue ear), meningitis and sudden infant death syndrome. A report conducted by the Royal College of Physicians estimates that second-hand smoke annually causes:

- 20,500 new cases of lower respiratory tract infection in children aged two years and under
- 121,400 new cases of middle ear infections in children of all ages
- 22,600 new cases of wheeze and asthma in children
- At least 200 new cases of bacterial meningitis

The effect of increased illnesses for children leads to loss of school days and decreased attendance leads to lower attainment. In addition, children learn their behaviour from adults and those who live with smokers are far more likely to become smokers themselves, which perpetuates cycles of health inequalities and deprivation.

For further information or to enquire about workplace awareness training please contact Katy or Maria on 0800 328 6297.



CASE STUDY THREE

Quit Stories - Bilal

I've never felt better since giving up. I feel I've got a new lease of life. I sleep better without interruptions and I now also go to the gym. I can run 2 km without stopping. Before I could only run 100 metres, if that, and then be out of breath.

"My family is very happy now. My house doesn't smell so much and my kids aren't exposed to second-hand smoke. My wife is over the moon. She was fed up with me smoking. On Eid, we had friends and relatives over and they couldn't believe I'd given up. They said my room used to be full of smoke. Some of them said that if I could give up then so could they. Some of my relatives in other parts of the country have also given up and contacted their local stop smoking service."



"I advise people that if I could do it, anyone can. Take it a day at a time. It's like Nike says, 'just do it.'"

Bilal has now become a promotion officer helping others to quit smoking - he could be the one that helps you.



SMOKEFREE SIDELINES

Look out for our exciting new campaign: Smokefree Sidelines!

The Quit Squad are looking to work with local grassroots clubs and leagues to encourage Smokefree Sidelines.

The aim of the initiative is to denormalise smoking around children and young people, promote healthy lifestyles and protect children and families from the harms caused by second hand smoke.

The Quit Squad want to ensure that the environment where children and young people are participating in, both training and competitive matches, are smoke free and smoking prohibited at pitch side.

We want clubs to recognise the significant evidence demonstrating the negative health impacts of tobacco use and exposure to second hand smoke and believe everyone involved in sport has a responsibility to set an example with respect to healthy lifestyles and wellbeing.

If you are involved in any grassroots sports in Lancashire, we would love to hear from you! Get in touch with the Quit Squad on Freephone 0800 328 6297 to discuss how we can help create a healthier future for the next generation.



Smokefree Sidelines resources available for Clubs and Leagues.



CASE STUDY FOUR

Quit Stories - Laura

Laura from Chorley knew it was time to quit. Laura booked a one to one session, the support and the help received helped stay on the right track, "I could see a difference in my health, wellbeing and my pocket! I could actually treat my girl before she arrived, the support has been absolutely fantastic and endless, I can't recommend Quit Squad highly enough."



MEET AN ADVISOR - ANNE O'NEILL

My name is Anne O'Neill and I am a Specialist Stop Smoking Advisor for the Quit Squad.

I quit smoking with the help and support of this Stop Smoking Service using patches alone. I will have been smoke-free for 15 years on 4 January 2019 and it's the best thing I ever did as I am a lot healthier and wealthier.

On completion of the treatment I asked my advisor, "What do I need to do to join the stop smoking team?" I had an interview and then enrolled onto the three month Stop Smoking Module course at UCLAN. I really enjoyed attending

the course and passed which I was very pleased about! I was then successful in securing a post with the Stop Smoking Service and I still enjoy meeting and helping others to succeed.

A couple of years ago, I was diagnosed with breast cancer and underwent a lumpectomy and had my lymph nodes taken out of my arm. I was relieved that I just had to have radiotherapy and made an excellent recovery, which I put down to being a non-smoker. Later the same year, I went on to run a half marathon to raise funds for Rosemere Centre as all the staff there are very nice and caring.

I enjoy the outside life and have 5 dogs (all spaniels). We also have 4

adorable puppies at the moment and they will soon be going to their new homes. I enjoy taking all the dogs for long walks and training them with my husband.

My other hobby is running which I try and do at least 3 times a week. I recently completed the Blackpool half marathon and raised over a thousand pounds for the chemotherapy department at Royal Blackburn Hospital in memory of a good friend who sadly passed away at end of last year.

Last but not least, I love watching the rugby 6 nations and this is the only sport where I don't support England as I am Welsh through and through!

**IT'S NEVER
TOO LATE
TO QUIT...**

E-CIGARETTES Q&A

Electronic cigarettes are completely different to cigarettes. This is because electronic cigarettes do not burn tobacco and do not produce tar or carbon monoxide. They work by heating and vaporising a solution, which normally contains three main ingredients nicotine, propylene glycol or vegetable glycerine, and flavourings. This allows the user to inhale the nicotine through a vapour rather than smoke.

Frequently Asked Questions about E-Cigarettes

1). Can Quit Squad support me to Stop Smoking should I decide to use an electronic cigarette?

Yes, we can! However, we would encourage you to consider using the licensed stop smoking aids first before trying an electronic cigarette. Your stop smoking advisor will discuss with you all the options that are available and will help you to decide the best option for you.

2). Can everyone use an electronic cigarette?

In 2015, it became illegal to sell or buy electronic cigarettes to anyone under the age of 18 in the UK. If you are pregnant, stopping smoking is the single most effective thing you can do to help improve the health of your baby.

3). What type of electronic cigarette should I buy?

Quit Squad strongly encourages its users to purchase their electronic cigarettes from a member of the Independent British Vape Trade Association (IBVTA) or a reputable provider.

QUIT SQUAD SESSIONS



EAST	1 to 1 Sessions			
	Monday	Tuesday	Wednesday	
Burnley	Briercliffe PCC			4:00pm – 7:00pm
	Burnley Wood Medical Centre			1:00pm – 4:30pm
	Rosegrove Surgery			9:00am – 12:00pm
	Padiham Medical Centre			1:00pm – 4:30pm
	St. Peters' Health Centre			8:00am – 5:30pm
	Yorkshire Street Medical Centre			4:30pm – 6:00pm
Pendle	Parkside Surgery			9:00am – 12:00pm
	Kiddrow Lane Health Centre			9:00am – 12:00pm
	St. Peter's Health Centre			9:00am – 12:00pm
	Yarnspinners Primary Healthcare Centre			1:00pm – 6:00pm
	Brierfield Medical Centre			9:00am – 12:00pm
	Richmond Hill Practice (Colne HC)			10:00am – 2:00pm
Rossendale	Pendleview Medical Centre			1:00pm – 5:00pm
	Reedyford Health Care			9:00am – 12:00pm
	Bacup Health Centre (Irwell)			9:00am – 2:30pm
	Rawtenstall Health Centre			9:00am – 12:00pm
	Whitworth Medical Centre			1:00pm – 5:00pm
	Great Harwood Health Centre			1:00pm – 6:30pm
Hyndburn	Clayton Medical Centre			1:00pm – 5:30pm
	Peel House Surgery			9:00am – 12:00pm
	The Mount			12:00pm – 2:00pm
	Rhyddings Surgery			1:00pm – 4:30pm
	Blackburn Road Medical Centre			2:30pm – 6:00pm
	The Cabin Surgery			9:00am – 12:00pm
Ribble Valley	Longridge Hospital			1:30pm – 5:00pm
	Whalley Health Centre			1:30pm – 4:00pm
	Clitheroe Health Centre			8:00am – 1:00pm
EAST				
Drop-In Sessions				
Burnley	Monday	St. Peters' Medical Centre	5:30pm – 7:00pm	
	Monday	Padiham (Fairmore) Medical Centre	3:00pm – 6:00pm	
Pendle	Monday	Ace Centre, Nelson	12:00pm	
	Tuesday	Asda Colne, Community Room	4:00pm – 6:00pm	
	Wednesday	Colne Municipal Hall	4:00pm	
	Thursday	Ace Centre, Nelson	10:00am	
Rossendale	Wednesday	Haslingden Health Centre	6:00pm	
	Monday	Astons Pharmacy, Blackburn Road	1:00pm – 6:30pm	
	Wednesday	Accrington Victoria Hospital	9:00am – 12:00pm	
Hyndburn	Wednesday	Accrington Victoria Hospital	5:00pm – 7:00pm	
	Saturday	Accrington Victoria Hospital	9:00am – 12:00pm	
	Tuesday	Chorley Health Centre	12:30pm – 4:30pm	
CENTRAL				
Chorley & South Ribble 1 To 1 Sessions				
Chorley	Tuesday	Chorley Health Centre	8:30am – 11:30am	
	Wednesday	Chorley Health Centre	1:30pm – 5:00pm	
	Thursday	Chorley Health Centre	10:30am – 5:00pm	
	Friday	Chorley Hospital (Education Building 3)		

South Ribble	Monday	Leyland Clinic	9:00am - 12:00pm
	St Mary's Health Centre	1:00pm - 4:00pm	
	Tuesday	Bamber Bridge Clinic	9:00am - 5:00pm
	Wednesday	Leyland Clinic	12:00pm - 4:30pm
		Clayton Brook Surgery	9:00am - 10:30am 10:30am - 12:00pm
	Thursday	St Mary's Health Centre	1:00pm - 4:00pm

CENTRAL	Chorley & South Ribble Drop-In Sessions		
Chorley	Tuesday	Chorley Health Centre	5:00pm - 7:30pm
South Ribble	Wednesday	Leyland Clinic	5:00pm - 7:30pm

CENTRAL	Preston One To One Sessions		
Preston	Monday	Royal Preston Hospital (pop up shop near main reception)	10:30am - 3:00pm
		Longridge Hospital	1:30pm - 5:00pm
		Minerva Health Centre	1:00pm - 4:00pm
	Tuesday	Minerva Health Centre	8:00am - 12:00pm
		Avenham Clinic	12:00pm - 4:00pm
		Ribbleton Medical Centre	1:00pm - 2:30pm 2:30pm - 4:00pm
		Ashton Health Centre	9:00am - 12:00pm
	Wednesday	Intact Community Centre	1:00pm - 5:00pm
		Geoffrey Street Health Centre	1:00pm - 4:00pm
		Issa Medical Centre	9:00am - 12:00pm
	Thursday	Ribbleton Children's Centre	1:00pm - 4:00pm
	Friday	Minerva Health Centre	9:00am - 12:00pm
		Onward Offices (Callon Estate off New Hall Lane)	12:00pm - 4:00pm
		Cottam Lane Surgery	9:00am - 10:30am 10:30am - 2:00pm 2:00pm - 4:30pm

CENTRAL	Preston Drop-In Sessions		
Preston	Monday	Minerva Health Centre	5:00pm - 7:30pm
	Saturday	Minerva Health Centre	9:00am - 11:30am

CENTRAL Community Open Rolling Group Sessions

South Ribble	Thursday	St Leonard's Church Hall	5:00pm - 7:00pm
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WEST	One to One Sessions		
Skelmersdale	Monday	Tarleton Health Centre	1:30pm - 4:00pm
	Monday	Park Centre, Barnes Road, Skelmersdale	9:30am - 11:30pm
		Sandy Lane Health Centre, Beacon	2:00pm - 4:00pm
	Tuesday	Birleywood Health Centre	1:00pm - 3:30pm
	Wednesday	Hall Green Surgery	10:00am - 12:00pm
		Hillside Health Centre	9:00am - 12:00pm
		Sandy Lane Health Centre	1:00pm - 4:30pm
	Thursday	Ashurst Health Centre	1:30pm - 4:30pm
	Friday	Skelmersdale Library	9:00am - 1:00pm
	Saturday	Walk-in Centre, Concourse Centre	9:30am - 11:30am

Ormskirk & Burscough	Tuesday	Burscough HC	9:00am - 12:00pm
		Ormskirk Library	1:30pm - 4:00pm

WEST	Drop-In Sessions		
Ormskirk & Burscough	Monday	West Lancs HC @ Ormskirk Hospital	5:00pm - 7:00pm
Skelmersdale	Tuesday	Walk-in Centre, Concourse Centre	4:00pm - 6:30pm

Lancaster, Carnforth & Morecambe	Lancaster, Carnforth & Morecambe One To One Sessions		
	Monday	Ashton Community Care Clinic	11:00am - 12:00pm 4:30pm - 7:00pm
	Tuesday	Queens Square Surgery	1:30pm - 4:00pm
	Wednesday	Meadowside Surgery	8:00am - 1:00pm
		Ashton Community Care Clinic	1:00pm - 4:30pm
		St Annes Primary Care Centre	11.00am - 7.00pm
		Carnforth Clinic	8.00am - 12.30pm
	Thursday	St Annes Primary Care Centre	9.00am - 12.00pm
		Owen Road (flexible times offered to OP)	8:00am - 12:00pm
		West End Practice	12:30pm - 4:30pm
		Morecambe Health Centre	5:00pm - 7:00 pm
Fylde	Thursday	Ashton Community Care Clinic	8:30am - 12:00pm
		Garstang Health Centre	9:00am - 12:00pm
		York Bridge Surgery (some OP slots)	9.30am - 12.30pm
		Heysham Primary Care Centre	9.00am - 12.00pm
		Ashton Community Care Clinic	1.00pm - 4.30pm
NORTH	Friday	Heysham Primary Care Centre	12.30pm - 4:30pm
		Morecambe Health Centre	12:30pm - 7:00pm
		York Bridge	8.30am - 11.30am
		West End Practice	9.00am - 12.30pm 1.00pm - 4.00pm
Wyre	Friday	Ash Trees Surgery	1.30pm - 4.00pm
		Westgate Surgery	1:00pm - 6:00pm
		Kirkham Clinic	9:00am - 12:30pm 1:00pm - 5:00pm
		Lytham Primary CC	11:00am - 4:00pm
NORTH	Wednesday	St Annes PCC	1:00pm - 5:00pm
		St Annes PCC	9:00am - 12:00pm
		Freckleton Health Centre	1:30pm - 5:30pm
		Thornton Medical Centre	9:00am - 12:30pm 1:00pm - 5:00pm
Wyre	Tuesday	Fleetwood Surgery	10:00am - 12:30pm 1:00pm - 6:00pm
		Poolfoot Farm, Thornton Cleveleys (Drop-In Session)	5.00pm - 7.00pm
		Mount View Practice	9:00am - 12:30pm
		Fleetwood Surgery	2:00pm - 5:00pm
		Queensway Medical Centre	9:00am - 12:30pm
		Over Wyre Medical Centre	1:00pm - 4:00pm
		Cleveleys Health Centre	9:00am - 12:30pm
NORTH	Friday	Mount View Practice (flex times offered to OP)	8:00am - 12:30pm 1:00pm - 4:00pm
		Thornton Medical Centre	2:30pm - 5:00pm

Please contact 0800 328 6297 to book a session

Sessions may change, please call us to confirm timings



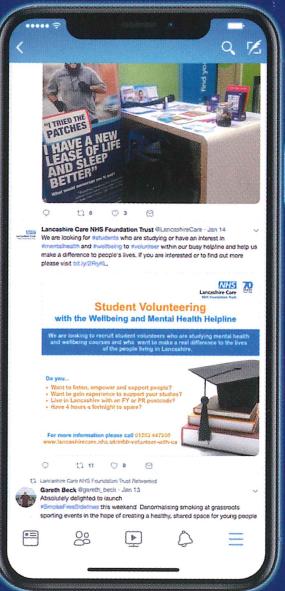
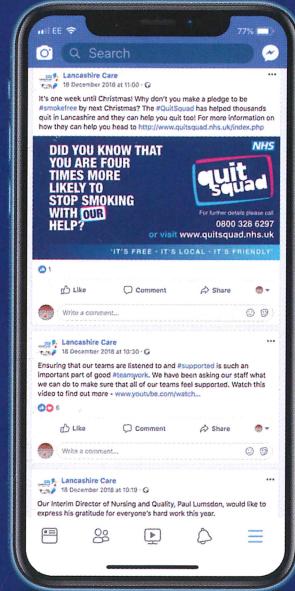
SOCIAL INFO

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SOCIAL MEDIA REACH FOR LAST QUARTER OF 2018

Tweets with #QuitSquad sent by @LancashireCare generated 46,526 impressions (does not include the number of impressions generated by tweets containing #QuitSquad that were sent out by other Twitter accounts)

- The Quit Squad also featured in posts on the Trust's Facebook page. Over the quarter, posts on the Trust's Facebook page reached 299,710 people

Stopping smoking is a hard journey made easy with the right support. You are 4 times more likely to stop with our help.

Contact your local Stop Smoking 'Quit Squad' team:
Call 0800 328 6297 or visit www.quitsquad.nhs.uk



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Lancashire Care NHS Foundation Trust,
Sceptre Point, Sceptre Way,
Walton Summit, Preston PR5 6AW

Tel: 01772 695300

Email: communications@lancashirecare.nhs.uk

Website: www.lancashirecare.nhs.uk

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